



"when the mind is free
to let the body create"

all day breakfast

Ciambella Alla Nutella Italian style Doughnut sandwiched with Nutella	2.75
Toasted Muesli (V) with Roasted Strawberries, Yoghurt & Apple Juice	4.90
Salad of Watermelon (V) Orange, Strawberries & Dragonfruit with Rosewater, Pistachio Powder & Yoghurt	5.25
Quinoa Porridge (V) Vanilla, Lemon, Raisins, Blueberry Compote & Pistachio	6.50
Tomato Bruschetta (V) Local Tomatoes, fresh Ricotta & Sweet Basil	5.20
Chak Chouka - Tunisian Baked Eggs with Spicy Sausage, Tomato, Peppers, Olives	7.50
Zucchini & Pea Fritters with Streaky Bacon, Poached Egg & Salsa Verde	7.50
Leek & Gruyere Tart with Smoked Salmon, Poached Egg, Dill & Buttermilk Dressing	7.50
Bacon & Eggs with Artisan Sourdough – Scrambled, Fried or Poached	5.50
#KetoBreakfast – Bacon, Sausage, Avocado & Eggs – Scrambled, Fried or Poached	7.00
Sautéed Field Mushroom (V) – Spinach with Goat's Cheese & Basil Dressing	6.50
Eggs Benedict with Leg Ham, Baby Spinach & Hollandaise Sauce	7.80
Mushroom, Feta, Onion & Spinach Omelette with Mesclun Salad and Roasted Tomato	5.80

The big breakfast - Eggs cooked to your liking, Pesto Mushrooms, Tomato, Bacon, Italian Sausage, Hash Browns, Tomato Relish	9.80
Bacon and Egg Roll with BBQ Sauce	5.10
Vanilla Pancakes with Strawberries, Banana, Maple Syrup & Vanilla Ice Cream	5.00
American Pancakes - stacked Pancakes with Crispy Bacon, Fried Egg & Maple Syrup	6.70
Corn & Coriander Cakes with a Smoky Corn Salsa, Tomato Chutney, roasted Cherry Tomatoes & Cauliflower, Chipotle sauce	6.80
Pain Perdu (French toast) with caramelised Apple, toasted Almonds & Mascarpone	6.20
Avocado and Feta smash, Poached Egg on Artisan Sourdough	7.20
Avocado Smash (V) with Sauteed Mushroom and Chickpeas, topped with Cashew nut cheese on Artisan Sourdough	6.50

sides

Peanut Butter • Honey • Rice • Egg	0.75
Tomato • Baked Beans	1.00
Avocado • Bacon • Sausage • Ham • Hash Browns • Mushrooms	1.50
Smoked Salmon • Cheese • Side Salad	2.00
Chicken • Chips • Crisps	3.00

from the enso bakery - all freshly made

Artisan Sourdough Toast with Jam & Butter	2.00
Croissant • Pain au Chocolate • Vegan Muffin (V) • Banana bread • Coconut Muffin (V) • Walnut bread	2.50
Sausage Roll	3.50
Two Scones with Jam & Cream	3.50
Mini Chocolate Chip Cookies (Great for on the go!)	6 for 75¢

lunch • dinner

Beer Battered Dory Fish & Chips with Mixed Leaf Salad and Homemade Green Herb Mayonnaise Sauce	7.80
Basil Risotto with Sauteed Squid	7.20
Beetroot Walnut Bread Sandwich (V) – Sliced Beetroot, Sautéed Onions and Avocado smash	6.20
Eggplant Stacks (V) – Basil tomato sauce and roasted Capsicum & Mushroom, topped with pumpkin seeds	7.00
Homemade Potato Gnocchi with Walnut Pesto	7.80
Mushroom Pasta Snap peas, Beef Stock & Parmesan cheese	7.50
Chicken Salad Sandwich with homemade Crisps	6.70
Fresh Spring Roll (V) –Cucumber, Carrot, Celery, Spinach & Quinoa with Toppo sauce	5.50
Shallot & Balsamic Tarte Tatin with Goats Cheese, Beetroot and Watercress Salad	7.00
Grilled Red Snapper with Herb Butter & Ratatouille	8.50
Pan Seared Mackerel– topped with a butter garlic & green pea sauce, with a side of cauliflower spinach and riced cauliflower	7.80
Cauliflower Steak (V) – Pan seared Cauliflower in a Balsamic and Truffle oil dressing, topped with Chickpeas and Green Peas	7.20

lunch • dinner

Sous Vide Chicken, Potato & Parmesan Gnocchi, Mushrooms & Corn Puree	8.50
Pici Pasta (V) with Prawns, Broccoli, Anchovy, Chilli & Lemon	8.00
Pan Seared Sea Bass on top of Braised Potato & Pencil Leeks with Truffle Vinaigrette, Herb Salad	8.80
Shepherdless Pie (V) - Lentils, Corn, Peas, Carrots topped with Baked Yam & Potato Mash with a side of Mixed Leaf Salad	7.00
Red Snapper, Potato and Leek Pie* with Mixed Leaf Salad <small>*please allow 15 min preparation time</small>	8.80
Duck Confit with Braised Lentils, Fennel & Cress Salad	9.80
Grilled Salmon with Cream Mustard sauce & roasted baby root vegetables	9.00
Tuna Tartare with Avocado smash & Tomato Jelly, Cucumber, Coriander and Parsley	8.50
Mushroom Risotto prepared with a trio of mushrooms, topped with shaved parmesan cheese	7.00
Grain Free Veggie Bowl (V) – Chickpeas, Riced Cauliflower, Chopped Bell Pepper topped with Cashew nut cheese	6.20
Pan fried Chicken with Olive Sauce & Creamy Mashed Potato	8.00

salad

Seared Scallops and Bacon	7.50
Beetroot (V) with Quinoa & Goats Cheese	7.00
Roasted Cauliflower (V) with Indian Spices & Labneh	6.50
Green Chopped Salad (V) with Asparagus, Walnut & Egg	6.50
Roasted Pumpkin (V), Rocket & Pine nuts	6.00
Caesar	6.00
Fresh Mozzarella with beetroot, avocado & tomato	6.80

soup

Mushroom Potato Consommé (V) Straw & Shiitake and Capsicum	6.80
Crèmes Broccoli Onion, Spinach & Cream	5.80
Crèmes Pumpkin, Carrot, Sweet Potato, Onion & Cream	5.80

stew

Stufato Di Agnello Lamb Stew with Broccoli, Carrots, Parsley and Thyme, topped with Pistachio Dukkah	9.50
Beef Stew with Potato, Carrots & Green Peas served with Sour Dough Bread	9.50

desserts

Apple Tarte Tatin with Vanilla Ice Cream	5.50
Chocolate Mousse with Strawberries, Berry Coulis & Caramel Brittle	5.50
Creme Caramel	5.50
Croissant & Butter Pudding with Chocolate & Vanilla Sauce	5.50
Espresso Creme brulee	5.50
Scoop of ice cream or sorbet	1.50
Selection of cheese with walnut bread	5.50

(V)=vegan friendly or can be prepared vegan friendly
all prices exclude 7% service charge

coffee and tea

Add an extra shot to any coffee for only .50c more

Kidcino- steamed milk	1.50
Espresso	2.00
Americano • Macchiato	2.50
Cappuccino • Latte • Soy Latte • Cashew Latte • Flat White • Mocha	2.75
Cold Brew Iced Coffee • Iced Lemon Tea • Iced Coffee	3.00
Caramel Frappe • Iced Chocolate • Iced Mocha • Iced Latte • Iced Cappuccino	3.50
Tea - TWG	2.50
House Tea - Fresh Ginger with Lemongrass • Hibiscus • Fresh Mint • Dried Turmeric, Lemongrass & Ginger	2.50

smoothies 4.50

Aztec Goodness – berries, banana, mango, chia

Cacao Buzz – coffee, banana, ice cream, cacao powder

Moringa Power – berries, natural yoghurt, honey, moringa

Protein Punch – muesli, natural yoghurt, banana, protein powder

Green Boost – apple, spinach, mango, banana, coconut water

C Boost – mix berries, orange, currants, lime juice

Yellow Boost – mango, pineapple, orange, goji berries

Beetroot Revitalize – beetroot, berries, banana, coconut water

Lychee Boost – lychee, pineapple, mint

Tropicana – berries, banana, mango, apple, orange, pineapple, lychee

Boost any smoothie - 0.75c each

- Probiotic
- Goji berries
- Spirulina
- Matcha
- Peanut Butter
- Flaxseed oil
- Chia
- Turmeric
- Moringa

fresh juices 3.75

Detox – spinach, moringa, parsley, broccoli, cucumber, ginger, apple, pineapple, turmeric

Rejuvenator – beetroot, carrot, orange, pineapple, turmeric, ginger

Collagen – purple dragon fruit, carrot, celery, apple, tomato, moringa, mint

Anti-Aging – rocket, long leaf green, celery, apple, cucumber, pineapple, moringa, mint

Energy Upper – lychee, peaches, coconut water

Create your own Juice- 3.50

Orange • Mango • Pineapple • Watermelon • Carrot • Ginger
• Beetroot • Celery

other homemade drinks 2.50

Fresh Ginger Beer

Lime

Elderflower Presse

Lemon Lime Bitter

water

Aqua Panna Mineral Still Water 750 ml	4.50
San Pellegrino Mineral Sparkling Water 750 ml	4.50
Kulen Mineral Still Water 1500 ml	2.00

soft drinks 1.75

Coke • Diet Coke • Sprite • Fanta • Soda Water

champagne & sparkling

	Glass	Bottle
Vigna Dogarina Prosecco - Italy	5.00	22.00
Bird in the Hand Rose - Australia		32.00

white wine

Grace Point, Chardonnay- Australia	5.00	18.00
Vigna Dogarina Pinot Grigio - Italy	5.50	20.00
Mussel Bay Sauvignon Blanc - New Zealand	5.50	22.00
Trentham Semillon Sauvignon Blanc - Australia		24.00
Bird in the Hand Riesling - Australia		30.00
Chateau Des Leotins Blanc - France		22.00
Domaine Cuilleron Marsanne - France		28.00

rose wine

Maison Castel, Syrah Rose - France	5.50	20.00
------------------------------------	------	-------

red wine

Grace Point, Cabernet-Merlot - Australia	5.00	18.00
Le Grand Noir Grenache, Shiraz, Mourvedre - France	5.50	20.00
Chateau Belvue Bordeaux - France		22.00
Backhouse Cabernet Sauvignon - USA		25.00
Domaine Cuilleron Syrah - France		25.00
Backhouse Pinot Noir - USA		25.00
Genesi La Carria Chianti - Italy		25.00

beer

Cambodia		2.00
Tiger		2.50
Hoegaarden		4.00

gin & tonic

aperitifs

4.00

Bombay Sapphire 40% England- all-time classic, vapor infused with ten botanicals, smooth and refreshing

5.00

Citadelle 44% France- distilled in Cognac, bright citrus body with a crisp lemon and orange freshness

5.50

Hendrick's 41.4% Scotland- flavored with cucumber and Bulgarian rose, fresh and floral, light and easy drinking

6.00

Death's Door 47% USA- mix of juniper, coriander and fennel, full London Dry flavor without all the bitterness

sparkling 5.50

Aperol Spritz- Aperol, soda and Prosecco

Elderflower Fizz- Bombay gin, elderflower liqueur and cucumber topped up with Prosecco

Khmer Bellini- Mango puree, mango liqueur, Prosecco

cocktails 5.00

frozen short long martini

Espresso Martini- Stolichvodka, shaken with Kahlua and espresso

Breakfast Martini- Bombay gin, Cointreau, orange marmalade and fresh lime

Mitch- Zubrowka, Creme de peche and apple juice, shaken with fresh passionfruit and lemon

Dark 'N' Stormy- Myer's dark rum, homemade ginger beer

Mojito Classic or Passion (M)- Havana 3YO, fresh lime, mint and sugar topped with soda

Mango-jumbo (M)- Zubrowka, mango, passionfruit & fresh ginger shaken with lime

Bloody Mary(M)- Stolichvodka and tomato juice seasoned to your liking

Daiquiri (M)- Havana Club 3YO, fresh lime and sugar

Margarita (M)- Olmeca tequila, Cointreau and fresh lime
Classic or made with fruit of your choice